

★ THE MASSEUR ★

American
Association



Masseurs
Masseuses

OFFICIAL BULLETIN

May 1955

DECATUR, ILLINOIS

WISCONSIN ORGANIZES THE 18th CHAPTER FOR THE A.A.M.M.

News From Wisconsin

Wisconsin organizes the 18th. State Chapter as the A.A.M.M. forges ahead into a strong massage organization.

We wish to congratulate our members in the state of Wisconsin in getting things started in this progressive state and believe we can look forward to seeing things really happen now that the ball has started to roll.

Much credit is due Mildred Warnes for her untiring effort in getting a chapter organized. We have some very outstanding and successful practitioners in the state of Wisconsin, so naturally we are expecting a progressive and growing chapter in the days ahead.

Mildred Warnes writes, "I sincerely believe that from this humble start we can expect a bigger membership before long."

The following members were elected as chapter officers—

President, Mildred Warnes
V. President, Roy LeRoy
Sec.-Treas., Mino S. Randall
D. S. Carlson,
Secy.-Treas.

"LEST WE FORGET"

Just a reminder to each char-

tered state A.A.M.M. chapter. Honor one of your members by choosing them as a candidate for the National A.A.M.M. Masseur or Masseuse of the year.

The rules and an application blank were sent to your President several weeks ago.

Madam or Mr. President, please see that your state participates.

Mary E. Howells,
Committee Chairman

NOTICE TO ALL A.A.M.M. MEMBERS

All arrangements have been completed at Louisville for our 1955 convention. Now with Gods help and your help lets make it a big success.

We are now ready for your registration fee which will be \$10.00 and will include a sightseeing trip, banquet dinner, Kentucky breakfast, your badges, interesting favors and entertainment. Please get this in the mail at once because mail is traveling very slow due to railroad strikes.

Let me encourage you again to get your ads in at once for the program book and also your reservation cards, don't wait until the last minute.

To all of the State Chapters we would like to have every chapter

represented in our program—will you please send your ads to me.

All non-member Masseurs and Masseuses we welcome as guests. A \$10.00 registration fee will entitle them to partake of the full program with exception of business sessions.

The program is open to all members for technique demonstration of your own choice and I urge that some of you help us out on this.

Please remember the convention dates 11, 12, 13 and 14 of August at the Kentucky Hotel, Louisville, Ky.

May the Lord keep and bless till we meet again.

Sincerely,

Delbert Vincent
Secy.-Treas.

Ky. Chap. of A.A.M.M.

SCHOOLS AND COLLEGES

The committee has sanctioned and placed their stamp of approval on the Northwest College of Massage and Physical Therapy. It is owned by Dr. Sanders and is under the direction of Dr. Sanders and staff located at Nampa, Idaho.

This school has come the closest to meeting the standard of requirements laid out by the com-

(Continued on Page 3)

ANSWER
MESSAGE

THE MASSEUR

Bimonthly publication of the
American Association of Masseurs
and Masseuses.

Published in Decatur, Illinois
DR. CHAS. W. BROOKS, Editor



President's Message

MIND SCRUBBING

Before MacArthur's regime in Asia, the Japanese police indulged in what was called thought control. Men and women were constantly being arrested for possessing, not secret spy information or firearms, mind you, but "dangerous thoughts." After a good "brain-washing" they would be released—if that was not contra-indicated.

Destructive thoughts have a way of winging themselves through the minds of all of us at times. Usually we do not retain them and as a result they are not "dangerous" to our health, pocket-book or happiness. Those who do make a practice of harboring destructive thoughts, however, find themselves going for medical or surgical treatment to alleviate their suffering. One cannot long entertain such health-undermining

emotions as hate, fear, envy, and greed without suffering the consequences sooner or later. Medicines and surgery may temporarily halt the progress of a chronic disease, but permanent healing calls for a washing of the mind and a scrubbing of the heart.

Finding fault with another or discouraging him has the same effect that a destructive frost has on a crop of green fruit. If you discourage a child about his school work or, favorite hobby, it may hamper not only his creative genius, but warp his personality and later force him into difficult channels to make his living.

But what is more to the point, the person who continually finds fault with people, circumstances, and things is a victim of his own destructive thinking. He has literally pushed himself out of a state of physical well-being and peace into a consciousness of discord and ill-health. Critics must certainly have a deep sense of inferiority. They must feel themselves to be lacking in any original creative ideas of their own.

Since few persons deliberately think destructively, the first step in experiencing a possible healing of body and soul is to remove one's blind spots. A searchlight is called for to light up habits of unconsciously looking for and seeing only the negative, of giving the destructive, undue importance with thought and word.

Chronic fault-finders should learn not only to see themselves as others see them, but also as God sees them. Also, they should learn to see others as God sees them—pilgrims ON the way, instead of IN the way. It is wisdom to look for superior qualities in one's self and others instead of imperfections. Condemnation and criticism indicates one's dissatisfaction with one's self and his inability to cope with problems that confront him. In the final analysis each of us is but a little child reaching out for the light. Is it not as foolish and pointless to con-

demn one's neighbor or self as it is to point to a tight, green rosebud and denounce it for not unfolding into a red blossom more quickly?

There is an old saying to the effect that you cannot keep a bird from flying overhead but that you can prevent its building a nest in your hair. Likewise, one cannot keep negative and destructive thoughts from winging their way through our minds occasionally, but we can prevent their taking up permanent abode there and causing illness and unhappiness.

Ruth Williams

National Pres. A.A.M.M.

QUAD STATES MEETING

Illinois, Indiana, Iowa and Wisconsin had their four states meeting at the Hotel Armstrong in Rock Island, Illinois April 30 and May 1.

It was a very orderly meeting and we all feel a lot was accomplished besides the fellowship we enjoyed.

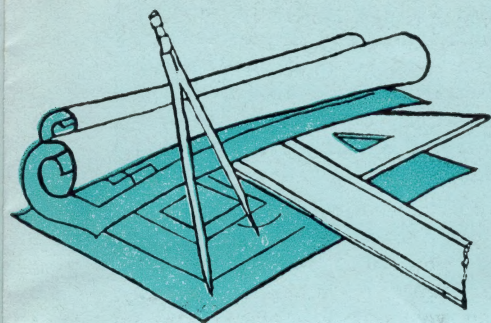
There were numerous demonstrations and speakers that left us with out a dull moment. One of the highlights was the trip to the Gay Nineties. A quaint oldish place to dine. Then Sunday May 1st a May breakfast was held there in the Hotel dining room.

Five new members were signed up at this gathering and the credit goes to Dick Frysinger, an Illinois member. The new members are, Bess E. Walker, Dorothy M. Byles, Louis G. Cager and Harold F. Walker.

Wisconsin was not represented at the meeting. But we learned while there that they had formed Chapter number 18 for the A. A. M. M. More power to you Wisconsin and we wish you all the good luck you deserve.

You can't see the flaw in the bridge until it falls down—or the flaw in a man's character until he meets temptation.

DESIGN FOR LIVING



Your mind should be your world, because you are now where you have placed yourself, physically, mentally, and spiritually. Do you dream of a better body? A more alert and active mind? A greater understanding and soul unfoldment?

First you must look back and see if you have laid the foundation for such a structure. Examine your blue prints and plans, see if you have left any thing out. We are today just where we placed ourselves yesterday. Just where you left off. No higher, no lower. And we will be tomorrow where we place ourselves today. So before we lay aside this day let us look back least we repeat the same tomorrow.

Today is the day, the most important one in your life. Your day of decisions, your day of salvation. Today we plan for tomorrow, today we are making the mold for tomorrows' body, tomorrows' prosperity, and spiritual plans of understandings.

We can start at this very moment with just what we have, to build the castles of our dreams. Our blue prints should be the Divine Intelligence, innate in every man. When we are willing to work, Divine Intelligence shows us the way. When we are willing to be shown, the all-inclusive, inexhaustible source supplies the substance. When we pray believing and match our prayer with intelligent action, we are unlimited.

"For God giveth not the spirit of fear, but that of power, love and of a sound mind." Tim. 1: 7. "Ask and it shall be given you. Seek and ye shall find: And the door shall be opened unto you." Mat. 7: 7.

The Babblin' Brooks.

(Continued from Page 1)

mittee. In fact this college has a higher graduation standard than the committee actually requested.

They will soon occupy a new forty thousand dollar building now under construction in Nampa. It is laid out to give ample floor space for class rooms. Technique instruction, clinic practice, laboratory work, etc. It will be the most modern college equipped with all the latest therapeutic instruments necessary in the Northwest.

Dr. Sanders has a degree in medicine as well as a couple in the drugless profession so Dr. Sanders and his staff will be a real asset to our profession.

PLASMATIC THERAPY AND ITS RELATION TO MASSAGE

Plasmatic Therapy, although about 20 years old, is comparatively new here in Washington and having used it successfully for the past 14 years, I feel that our Washington members might be interested in knowing how well it works in with Massage.

Plasmatic Therapy is a mild infra-red heat administered directly to the venous system by means of electric pads 4" wide and 6' long. The heat is automatically controlled and the instrument is probably the nearest to being fool proof of any therapeutic modality on the market.

The treatment generally lasts 45 minutes, followed by joint manipulation or massage as the technician sees needed.

Because the heat is administered to the veins first it stimu-

lates the circulation before it increases the pulse. This makes it especially adaptable to bad heart troubles where a steam bath would be contra indicated.

Being a systemic treatment the glands respond quickly to this type of heat and when the glands are in normal condition the whole system quickly gets back to performing in a natural and healthy way.

The circulation having been stimulated by Plasmatic Therapy has already received much of the stimulus imparted through massage and the results obtained with a gentle massage following the Plasmatic are more certain and effective by far than with massage alone.

Cases that have been helped after other methods have failed are common and the wide range of usefulness for Plasmatic is almost unlimited.

I am planning on attending the state convention in Yakima and would be glad to bring a Plasmatic instrument with me and demonstrate if there are those who wish to become more familiar with it.

Plasmatic Therapy unlike many other modalities creates no radio interference. It is also a treatment that any masseur may use in his office without fear of breaking laws. Plasmatic has gone to court in several different states and come out victorious every time and will continue to do so as long as people are allowed to use heating pads in their own home.

Fraternally Yours

J. L. Hatch, Prop.

Snohomish Health Center
120 Ave. D. Snohomish, Wash.

DOCTOR WILBUR SAID:

Delegates to the fortieth Annual Congress on Medical Education and Licensure were told by Dr. Ray Wilbur, M.D., Ph.D., Former president of Stanford University and the American Academy of Medicine:

"New treatments make use of

ANEMIA &
WASH DC

heat, cold, water, electricity and specific manipulations--They bring biological responses more potent than many of the drugs gathered through centuries by trial and error--Medicine based on pills and potions is becoming obsolete--The new physiology, with the help of physics, has taught us many ways to deal with the human body that were dreamed of only a decade ago by us, but comparatively successfully pursued by those of the irregular schools. The medical profession will profit by recognizing this new concept, and insist that its schools promptly mold their instruction to conform with the new knowledge of body mechanics. They must also consider damage inflicted on the nervous system by fatigue, malnutrition and strain.

"Is it not strange, that those who call themselves the regular school, should just now, begin to recognize that the so-called irregular schools, have the secret, to deal with the human body more successfully through natural healing procedures than they with all their drugs and potions? When they were dreaming of it, a decade ago, the despised and rejected professions were fully aware of the effectiveness of water, heat light and massage. They call it a new concept, when it is the oldest known concept to those who chose to embrace its virtues years ago. Now they wish to recognize it, and call it their new concept, and wish their schools to conform their teaching to this new (old) knowledge of body mechanics."

We hope the A.A.M.M. members appreciate how important it is to remain a strong united body.

D. S. Carlson

A LITTLE LEARNING CAN BE DANGEROUS

As the old saying goes, "A Little Larnin' is a Dangerous Thing," can be quite true. So many times during our lifetime we see daily demonstrations of this. It can be

found in any walk of life. Those most detrimental to mankind, heading the list, I would name the driver of a high powered fast automobile, of youthful age, or one saturated with alcohol. His reflexes are not accustomed to the speed the car is capable of.

In the next bracket, we have different tradesmen, a mechanic, electrician, fireman, etc., a hazard to himself and those around him if not properly trained.

The member of the healing arts who is not adequately trained, is not so detrimental to himself, but is a menace to those he attempts to treat, and to our profession in general. Those who have had little or no training, and know not, that they know not, but are endowed with an over abundance of ego, can create situations, in our profession, that will take months and possibly years to live down.

I have at hand a letter from one of our members who has traveled and called upon a number of Masseurs and Masseuses, I will quote a paragraph, "I visited so many Masseurs and Masseuses, I feel sometimes that I would like to either get them out of the profession, or else teach them some of the techniques. I have learned through the years of practice with Doctors, in hospitals, and clinics. Do you know that a lot of them are not even making a living because they are not even producing the stuff, or their character is not consistent with the demands of a highly specialized profession. My heart goes out to all those that are not getting, anywhere, when the public are really hungry for good Masseurs and Masseuses and cannot find any." End of quote--

The technician who knows not, and knows that he knows not, is a much better risk among the public than the first type mentioned, he or she will proceed with extreme caution, learning as he or she proceeds and will seldom if ever get themselves or their clientele into difficulties.

The technician who knows, and

knows not that he knows, has come to realize that upon graduation and the possession of a diploma, he or she is just beginning to learn, their education is still before them. He is receptive to advice and constructive criticism, yet is able to know the difference between good and poor advice, (as in all vocations we find a number of people who give advice that do not know the answers themselves.)

The technician who knows, and knows that he knows, is as scarce as hens teeth, he will seldom give advice, but will do so willingly, when asked for it. He will accept good advice with open mind, when it is given to him.

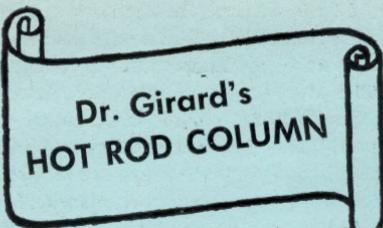
This is just another reason we should have good schools or colleges of massage, with high educational requirements for entrance and only well trained and qualified students be graduated.

Much can be said, also, in the defense of the technician, whether he is qualified or not, as to whether he is making a living at his profession or not.

Some may not be able to properly finance an adequate office, or be so low in finance that they have to work at something else, while trying to build up a clientele, sometimes certain communities have to be educated to massage and that is difficult, unless the technician is qualified and has a professional appearance in person and office, which are necessary to gain the confidence of the public. Then too they may have located in a community where a rascal or an unqualified technician had been there before them. Then the economical condition of a community is also a factor to ones success or failure.

Fraternally,
John A. Murray.

Women usually prefer men who have something tender about them, preferably legal tender.



**Dr. Girard's
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ELECTROTHERAPY— SHORT WAVE DIATHERMY

It is interesting to know that many of the pioneers in short wave diathermy believed that what they had discovered consisted of wavelengths that had the ability to destroy bacteria. In fact this belief existed as late as 1935, a short 20 years ago.

From 1936 on we find a complete reversal of the early beliefs to the point where today many practitioners consider diathermy (short wave) as simply a method of creating high temperatures in the tissues.

In this discussion of the short wave currents, allow me to first mention that while the current does not in itself destroy bacteria, it is much more than a glorified hot water bottle or heating pad. The unfortunate fact that many students are told to guide their application of short wave diathermy by "a comfortable heat" results in the feeling on the students' part that heat alone is the primary function of diathermy and that heat alone is responsible for its beneficial action.

Short wave diathermy creates a chemical, physical and physiological action in body structures and the understanding of all these reactions is of the greatest importance if you are to become an efficient operator.

Taking first the physiological action, we find that short wave diathermy has the ability of causing increased capillary pressure, thus increasing the rate of circulation in the area being treated through vasodilation.

The chemical action is that of oxidation, in that a rise in temperature of as little as five-tenths of a degree has a marked influence on cellular oxidation. In addition, it has been indicated by Bierman that there is a chemical substance in the tissues of a lactic acid nature which is formed when a body structure is injured or a pathology exists. The ability of the short wave to increase the volume of blood passing through the injured area thus relieves the concentration of the irritating substance and serves to relieve the pain. Hence, we find the physical action of the current.

Short wave diathermy does not simply cause heat through cell friction. The high rate of oscillation or vibration actually introduces energy into the tissues, bringing the electrons of the body into organized motion, which is of great benefit in the relief of symptomatic pain.

A warning that you should remember is that you should not follow the patient's suggestion that the feeling of heat has "gone down" and that more current is needed. The sensory nerve endings become accustomed to the feeling of the current or heat, so that the patient, after the first few minutes of application cannot judge how much heat is being created in the body area. For this reason the mild feeling of heat noted in the first two minutes of the treatment is all that you need. Of course, if there is any indication of increased heating the machine must immediately be turned down. Remember, the sensory nerve endings act normally at the average skin temperature. Therefore, when short wave current has been going through a body area for several minutes you will have nerve accommodation. That is, the sensory nerve endings will stop indicating the change in temperature. Now, should the operator ask the patient if there is a mild feeling of heat the patient will state that there is none. However, if the machine is then turned

higher the mild feeling of heat in the area being treated will then be excessive, the treatment ruined and the condition worsened.

It should also be remembered that in inflammatory conditions the nerves may have a sluggish response and a feeling of "warmth" may sometimes be too hot.

Never over-treat with short wave. Vasodilation, when prolonged, will lead to additional congestion and pain. Fifteen to twenty minute applications are sufficient.

And don't apply those short wave treatments as a hot water bottle or heating pad. Remember its ability to create physical, chemical and physiological actions in the body structures which cannot be created by surface heat.

One last word. Rather than keep constantly on the alert for literature on equipment, read this article over again and study your short wave equipment closely. Find out just what you can do with it. Anyone can be a machine operator, but it is the smart technician who knows what the machine can do and how to do it.

One of the reasons for this article is the fact that many graduates have contacted me for information on new gadgets and equipment, whereas too few have requested information on the use of the equipment which they now have.

ANEMIA, "LACK OF BLOOD CELLS"

Massage stimulates blood making organs, bone, marrow, spleen, liver. Quinine tends to blood tension. Ammonia salts will deplete the excretion of urea and produce obesity and anemia. Practically every drug has its objectional and dangerous features. Disturbance in ovaries could be cause. Anemia with its distressing symptoms of fatigue, weakness and pallor is often blamed on other causes, but not enough on continuous-loss of

ANEMIA
11/15/36

blood through hemorrhoids. A patient will complain to his doctor that a walk of a few blocks leaves him weak and fatigued. Inquire about bleeding hemorrhoids, a minor bleeding over a period of time can be the cause of hemoglobin (iron) being below normal. In pronounced cases of anemia rest in bed with no food but water will often increase the number of red cells by 25%. A two weeks fast without anything but water will increase the red count by 500,000 in that time. Chronic poisoning from intestinal putrescence is often the cause of anemia. This rests on gastro-intestinal catarrh which superinduces decomposition of food. The more one over eats in this condition the more one is poisoned by intestinal putrescence. Blood poisoning of this nature easily lowers the bodys ability to produce blood cells. It is known that there is an abundance of iron stored in the tissues of anemic patients. The more these bleeders are stuffed, the more they bleed.

D. S. Carlson.

COMPETITION

Competition can be good but it can also be destructive. The membership has this magazine at their disposal. It is theirs, for their benefit. We are not asking for funds to run it like your A.A.M.M. news columnist etc. But you are rapidly destroying its value to the membership by running chapter bulletins.

The National President wanted to know why I didn't publish a monthly magazine in a recent letter, the answer is obvious. I can hardly get enough sensible material from the membership to get out one every 2 months.

I am not complaining because I am responsible for the present printed publication but, I am thinking of the future of the 'Masseur' and would like to see it grow into a monthly publication.

It seems strange to look back

over the years when we had other editors and their attempts to publish a magazine for the association and I can't remember any competitive papers being printed then. So why all of a sudden this desire to print so many bulletins. Personally, I don't care. Maybe no one else has thought of it the way I have, I have done my best to give you what I thought you wanted, and what I thought was good for the association.

The A.A.M.M. news sheets also have lots of filler material and nonsense to help fill up their pages, causing me to do the same. If all the news and beneficial articles were forwarded to the 'Masseur' they would be printed in good form and style, so you could keep them in a binder for permanent record.

Remembering that everybody doesn't see everything in the same light, we must reason with logic and not think of our own personal self or chapter, but the organization as a whole.

"LET US STICK TOGETHER"

Those of us who have taken Massage for our profession and means of livelihood, to do good to humanity and out of love for this art of therapy, have done so with the full knowledge that in order to fulfill our office thoroughly—to preserve and maintain the respect of the other professions and the general public—we are obligated to study unceasingly.

A thorough study of the circulatory system, digestive system, excretory tracks, the nervous system, anatomy, physiology, myology and related subjects are compulsory. Within the past few years we have emphasized reflexes and medical gymnastics; it is quite obvious that the object of this is to bring the Massage Profession to a higher standard—without any deviation from the word "Massage."

Most of us, through our hard work and honest effort, have built a following from satisfied patrons. These patrons return at regular intervals to enjoy the sense of well-being after a massage. There is no denying that we are a boon in cases of insomnia, hypertension, unbalanced circulation, etc. Our very satisfied clientele are the advertising agents who broadcast the good derived from massage.

NOW! The good word has reached the green-eyed monster, "Jealousy!" Therefore, now is the time to stick together—let us invite those who care to learn more about massage and its associated techniques that they may realize the enormous good derived from it.

Let us all put our shoulders to the wheel and push together toward an ultimate solution. In unity there is strength!

Amalia Ladig

PHYSICIAN'S PRAYER

Lord who on earth didst minister
To those who helpless lay
In pain and weakness, hear me
now,
As unto Thee I pray.

Give me mine eyes the power to see.

The hidden sources of ill
Give to my hand the healing touch
The throb of pain to still.

Grant that mine ears be swift to hear,

The cry of those in pain;
Give to mine tongue the words
that bring

Comfort and strength to them
again.

Fill Thou my heart with tenderness,

My mind with wisdom true,
And when in weariness I sink,
Strengthen Thou me anew.

So in Thy footsteps may I tread,
Strong in Thy strength always,
So may I do Thy blessed work
And praise Thee day by day.



BANQUET PICTURE OF THE TRI-STATE CONVENTION

IDAHO CHAPTER

I received these pictures and a young book edited and mimeographed by the Idaho Chapter.

They just completed their Tri-State convention in Lewistown, Idaho. They must have had a wonderful time. It was called a number of things by different enthused members in their bulletin. An adventure, Miracle meeting, Marvelous meeting, successful venture and so on. By these descriptive phrases we know they had a swell time.

According to the minutes sent to me they accomplished a lot and we will probably hear from them at the National Convention in Kentucky.

IDAHO - THE GEM STATE

Idaho is an Indian word sometimes translated "the gem of the mountains." It is a Rocky Mountain state of rugged beauty with areas still in its high mountains that have never been explored. The width of the state ranges from 50 miles on the north to nearly 300 on the southern border and its extreme length is 485 miles.

The early history of Idaho is bound up with that of Oregon and Washington. It was first crossed

by Lewis and Clark in 1805; exploited by fur companies and became a part of the Oregon territory in 1848; the Idaho territory in 1863 and a state in 1890. It ranks twelfth in size but in population rank it is forty-third.

Rich in Minerals

Idaho is rich in mineral resources and mining is one of the principal industries of the state. The discovery of gold in 1860 near Orofino and silver in 1884 in the Coeur d' Alene district was chiefly responsible for the first settlement of this region. The state ranks first among the states in production of silver, second in lead and near the top in the production of zinc.

Lumbering, with some of the largest lumber mills in the world, is the leading industry. Its vast forests are one of the greatest sources of wealth to the state. The Roosevelt Grove has cedars 1,000 years old, others are 3,000 years old.

Has Famous Winter Resort

The Snake River is noted for several waterfalls—the Big Mesa, Idaho Falls, American, Twin Falls, Shoshone and Salmon. There are 30 irrigation dams in Idaho, the largest of which is American Falls dam.

Sun Valley, with its attraction in winter sports, is one of the most famous resorts in the United States, Boise, with the largest population of any city in the state, 34,393, is the capital. Idaho has an Indian population of 3,800 from the Shoshone, Bannock and Nez Perce tribes.

TO ALL MEMBERS OF THE A.A.M.M.

1955 Convention News from the president of Ky. Chapter:

C. E. Seibert

As you know the time is drawing near for our next big convention so on Friday and Saturday of April 30 and May 1 Delbert Vincent, Paul Stodghill and myself went to Louisville to try and complete arrangements then. We went through the Kentucky Hotel after having a nice visit with the manager, Mr. Alexander. The room he has reserved for our convention room is large with ample space for display booths or tables. We also had an interview with the vice-president of the Chamber of Commerce. They are very glad to have us in Louisville and will be with us the first day to help register in.

We also have chartered buses from the Greyhound Lines for all to have a 60 mile round trip tour to Bardstown, Kentucky for a trip thru My Old Kentucky Home, which is one of the sites of interest in Kentucky. I am sure it will be enjoyed by all also the bus tour will return by way of the national and international known Churchill Downs, where the Kentucky Derby is run each year. This is a noted track and a site that few miss seeing if they happen to be in the Louisville area of Kentucky. We feel sure will be enjoyed by all.

The transportation to Louisville is good either by your car or by plane, bus or rail. The Hotel is large and can take all of us if we get our reservations in fairly early, so let's all do that now—won't you?

AMERICAN FALLS
MAY 1955

We are going all out to make this year a good one. We don't expect to do better than has been done in the past for it would be very hard to have a better convention here in Kentucky than other states have had in the past but with the help from all you fine members of the AAMM and if each and every one of you will be in Kentucky August 11-12-13-14. I think our convention this year should be a good one, so please mail your reservation card to: Delbert Vincent, 303 Church Street, Providence, Ky. now so he can in turn mail them in to the Hotel, also those of you who intend to have your ad in our program book, send your ad and check for the same to the above address. We are trying to get our program book to press as soon as possible.

May God bless all and we will see you in August.

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RUTH OLSON — OREGON CHAPTER PRESIDENT

ATTENTION MEMBERS OF THE A.A.M.M.

The time has come to educate the public to what massage can do for them!

If we want more members we have to create a demand for massage. So—everybody on their toes—Let's start the ball rolling.

If anyone has any good suggestions on how to do it, please send them to me.

Everyone has a pet technique. So write it up explaining the good results the patients get from it. Send it to me and I'll see that it gets into the newspaper.

LESTON T. SHORT

Chairman of Adv.

2807 N. Monroe Spokane, Wash.



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